

Psychology Service Predoctoral Internship Program

**2010-2011 Supplemental
Information**



- **APA-accredited since 1977**
- **State-of-the-art facilities**
- **Community mental health setting with a diverse patient population**
- **Generalist training within a practitioner-scientist model**

351 East Temple Street, Los Angeles, CA 90012

VA Greater Los Angeles Healthcare System

Los Angeles Ambulatory Care Center

Psychology Service Internship Program Supplemental Information
2010-2011

APPIC Program Code

113911

- Application deadline: November 15, 2010

- Contact information:

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- Accreditation Status:

Full accreditation by the Commission on Accreditation (CoA) of the American Psychological Association (APA). CoA is located at 750 First St., NE, Washington, D.C. 20002-4242, (202) 336-5979.

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Example of Intern's Training Hours and Scheduling

Program Requirements and Electives: Putting It All Together

Breakdown of Training Hours

The internship is a full-time, year-long program involving 2080 hours. Approximately 65% of the training hours are spent in required programs and activities, with the remaining 35% coming from elective activities. See below. During a typical week, interns spent 18-20 hours in direct patient care, 6-7 hours in seminars, and 4-6 hours in individual/group supervision.

Program/Activity	Total Hours
<i>Requirements</i>	1358-1378
Behavioral Medicine/Health Psychology	250
Mental Health Clinic	100
Post-Traumatic Stress Disorders	128
Time-Limited Psychotherapy	80-100
Psychodiagnostic assessment	200
Seminars	304
Supervision	304
Outside Training (CE & Licensure ready) tion)	100-120 (includes transporta-
<i>Electives</i>	304
TOTAL	2080

Weekly Schedule

It is sometimes difficult for prospective interns to conceptualize how they will spend a typical week here, and how they will fulfill all of the training requirements. Much of this difficulty stems from the fact that we do not send students to a few wards or programs where they spend large amounts of time. In some training programs a full day or week may be devoted to just one patient care activity. For example, on Mondays you may do only assessments, on Tuesdays behavioral medicine, on Wednesdays substance abuse treatment, etc. In our program, interns do a variety of activities on any given day.

One of the first tasks you will have as an intern is to set up your weekly schedule. The way this works is that you will be informed about the required and elective programs and activities when you first arrive, during an orientation week. You will then sit down with your primary supervisor and put together a tentative schedule. Over the course of the first 2-4 weeks, you will solidify this schedule based on when you are scheduled to do the East LA rotation, what your interests are for

elective activities, and what the other interns want to do. Although there is always some juggling that goes on in the first few weeks, remember that about 70% of your time is already booked into required activities. Most of the decisions about your schedule have to do with when you will see patients, do groups and testing, and meet various supervisors.

The following is a schedule of the required programs and activities. In between each of these regularly scheduled rotations, seminars, and supervision, you will be scheduling the rest of your groups, individual clients, assessments, supervision time, and electives. Over the course of the year, there can be some changes to this schedule of requirements.

MONDAY: PTSD/Professional Issues
12:15pm-1:00pm
In-service Training & High Risk Conference,
3:00pm-4:00pm

TUESDAY: ELA PTSD Clinic 7:30am-4:00pm (3-month rotation)

WEDNESDAY: Assessment Seminar, 8:00am-9:00am
Mental Health Clinic Intake, 11:00am-1:00pm
Time-Limited Dynamic Psychotherapy Seminar
2:00pm-3:00pm
Substance Abuse Seminar
3:00pm-4:00pm

THURSDAY: Behavioral Medicine Seminar/Intake, 8:00am-
10:00am

Behavioral Medicine Seminar and Supervision,
12:45pm-2:30pm

FRIDAY: No routinely scheduled activities

An example of a weekly intern schedule from 2006-07 is given on the next page.

Intern Caseload

Questions arise as to how many patients, groups, and assessment cases interns are supposed to carry at any one time. In the past, the typical caseload has been 5 psychotherapy patients (individuals and couples), 4 groups, and 2 assessments. This is the total across all programs. We recognize that each student's caseload will vary to some extent. Some students, for example, like working with groups and may have 5 groups on their caseload. To balance this out, they may have 4 psychotherapy patients instead. Your primary supervisor will help you to develop your caseload.

Fulfilling Required Program Hours

Prospective interns often try to add up the number of required hours for each specific program and activity, and then see how it all adds up. This can be misleading because multiple requirements can be fulfilled with single activities. For example, the weekly caseload of 5 psychotherapy clients can be made up of patients from a number of different programs (e.g., TLDP, behavioral medicine, substance abuse, PTSD), and thus fulfill hourly requirements for each of these programs while also fulfilling the individual psychotherapy requirement. Your primary supervisor will help you keep track of these hours.

Sample Intern Schedule

The following is a weekly schedule for one of our 2003-04 interns during the last 4 months of the training year. It is reprinted here to give you an idea of how various training activities can be broken into 30-60 minute blocks of time. Every student's schedule will be somewhat different because of individual preferences. This particular intern had already taken the East LA rotations and so had extra time to schedule elective activities like Sexual Health, Smoking Cessation, and Clinical Research.

	Monday	Tuesday	Wednesday	Thursday	Friday			
730	Prep notes/Appts	Prep notes/Appts	Prep notes/Appts	Prep notes/Appts	Prep notes/Appts			
800	ASAP Intakes / Psych Testing / Report Writing Location: B138	Individual Therapy Location: B138	Assessment Seminar Location: Room 249	Behavioral Med Location: B249	Supervision w/ Dr. Strack Location: B255			
830		Individual Therapy Location: B138	Individual Therapy Location: B138		Individual Therapy Location: B138			
900								
930	Notes/Reports Location: B138	Notes Location: B138	Individual Therapy Location: B138	In-service/High Risk Location: B249	Individual Therapy Location: B138			
1000	Sexual Health	Smoking Cessation Group w/ Dr. Wolfe	Mental Health Clinic Intake/Supervision Location: B249	Chronic Pain Group w/ Dr. Sobol	Notes Location: B138			
1030		Lunch		Lunch	Lunch w/ Interns			
1100								
1130	Support Lunch w/ Dr. Steinberg & Law/Ethics Location: B249	ASAP Intakes/Psych Testing/Report Writing Location: B138	Lunch	Behavioral Med Seminar/Supervision Location: B249	ASAP Intakes / Psych Testing / Report Writing Location: B138			
1200	Psychosis Group w/ Dr. Strack Location: B249		Seminars (ASAP, group, couples) Location: B249					
1230								
100	Inservice/High Risk Location: B249		Time Limited Dynamic Therapy Location: B249	Individual Therapy Location: B138	Clinical Research w/ Dr. Strack			
130	Supervision w/ primary Location: A465			Notes Location: B138				
200								
230								
300								
330								

In-service Training

**Partial Schedule of 2006-2007
In-service Training Meetings**

<u>Month</u>	<u>Topic</u>	<u>Speaker</u>
September	High Risk Conference Risk Assessment and Intervention	Stephen Strack, Ph.D. Sharon Jablon, Ph.D.
October	California Reporting Laws Medical Records and Confidentiality Planning Topics and Speakers	Sharon Jablon, Ph.D. Stephen Strack, Ph.D. Staff and interns
November	Life After Internship Psychopharmacology: Q & A	Greg Serpa, Psy.D. Bing Hsu, M.D.
December	The Challenges of Being Female in the VA	Naomi Himmelfarb, Ph.D.
January	High Risk Conference Forensic Psychology Careers and Issues	Staff and interns Jim Bernhardt, Ph.D.
February	Psychology and Quantum Physics Cognitive Aging and the Role of Processing Speed	Stephen Strack, Ph.D. Lisa Mitchell, M.A.
March	Program Evaluation Risk and Protective Factors for Suicide In Combat Veterans with Chronic PTSD	Staff and interns Nadia Damm, M.A.
April	Cognitive Behavioral Analysis System of Psychotherapy (CBASPP) What We Know and Don't Know about About our Patients	Lynne McFarr, Ph.D. Stephen Strack, Ph.D.
May	Building bridges between Internship and Private Practice The Construct Validity of Acceptance: A Multi-trait, Multi-Method investigation	Scott Symington, Ph.D. Dylan Kollman, M.A.
June	Issues in Termination Interpersonal Predictors of Stress Generation and Depressed Mood	Staff Nicole Eberhart, Ph.D.
July	Program Evaluation End of Year Celebration	Staff and interns Staff and interns

All Day Conferences

An Introduction to the MCMI-III (November 2006)
Advances in Treatments for OEF/ OIF Veterans (December 2006)
New Developments in the MMPI (April 2007)
Legal and Ethical Issues in the Practice of Psychology (June 2007)

Map of Downtown Los Angeles



